

RAKUEN TRANSLATIONS

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URASUNDAY

Danberu nan kiro moteru?

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URA SUNDAY
COMICS
SANDROVICH YABAKO
& MAAM PRESENTS

TRANSLATOR: /A/NONYMOUS TYPESETTER: PAP041 CLEANER: PAP041
PROOFREADER: /A/NONYMOUS RAWS: /A/NONYMOUS REDRAWER: PAP041





HOLD ON.
WHAT
KINDA
SHINTO
RITUAL IS
THIS?

HULK!!!

GOOD
LUCK!!!

AND
MACHIO-SAN'S
BUSY WITH HIS
SHRINE JOB,
SO I'D FEEL
BAD ASKING
HIM FOR
ADVICE.



YOU
GUYS
JUST
WANNA
TRAIN,
RIGHT?

WHAT'RE
YOU WO-
RRYING
ABOUT?

AND THE
POOL'S
CLOSED
DURING
THE NEW
YEAR.

I
SUPPOSE
WE CAN
GO UP
AND
DOWN THE
SHRINE
STAIRS...
NOT
ENOUGH
SPACE
TO RUN.



PARK?

THEN HOW
ABOUT WE
HEAD TO
THE PARK
NEARBY?





テテテテ...

STREET
WORKOUT?



STREET
WORKOUT

CHIN UPS

HUMAN FLAG

PARALLEL
BAR DIPS

ANYONE CAN
DO THESE
WITH JUST
THEIR BODY
ALONE,
SO THEY'RE
SIMPLE AND
POPULAR.

*Do this
while mixing
different
aerobic
exercises
together.



SO, THIS
STUFF'S
POPULAR
IN EUROPE
AND
AMERICA.

THEY
CALL IT
GHETTO
WORKOUT
OVER
THERE.

PUTTING
IT SIMPLY,
WE'LL USE
THE STUFF
THAT'S IN
THE PARK
TO TRAIN.



?
WHAT
DO YOU
MEAN?

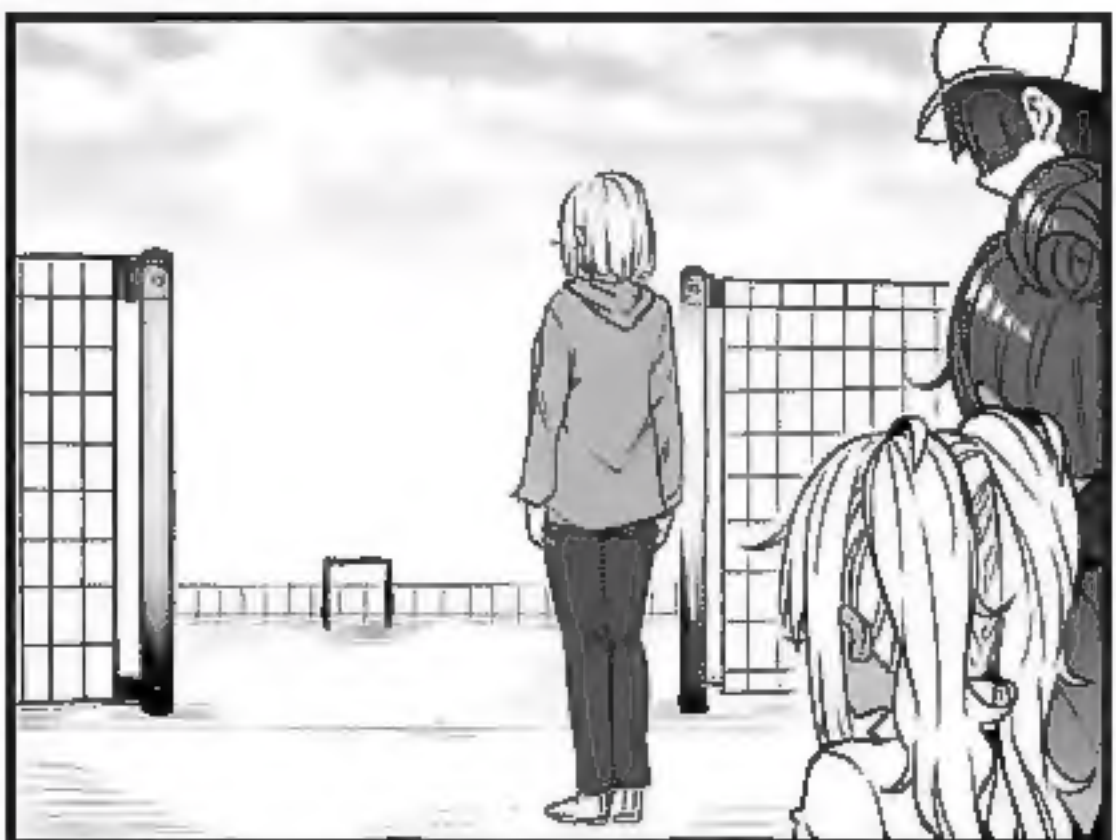
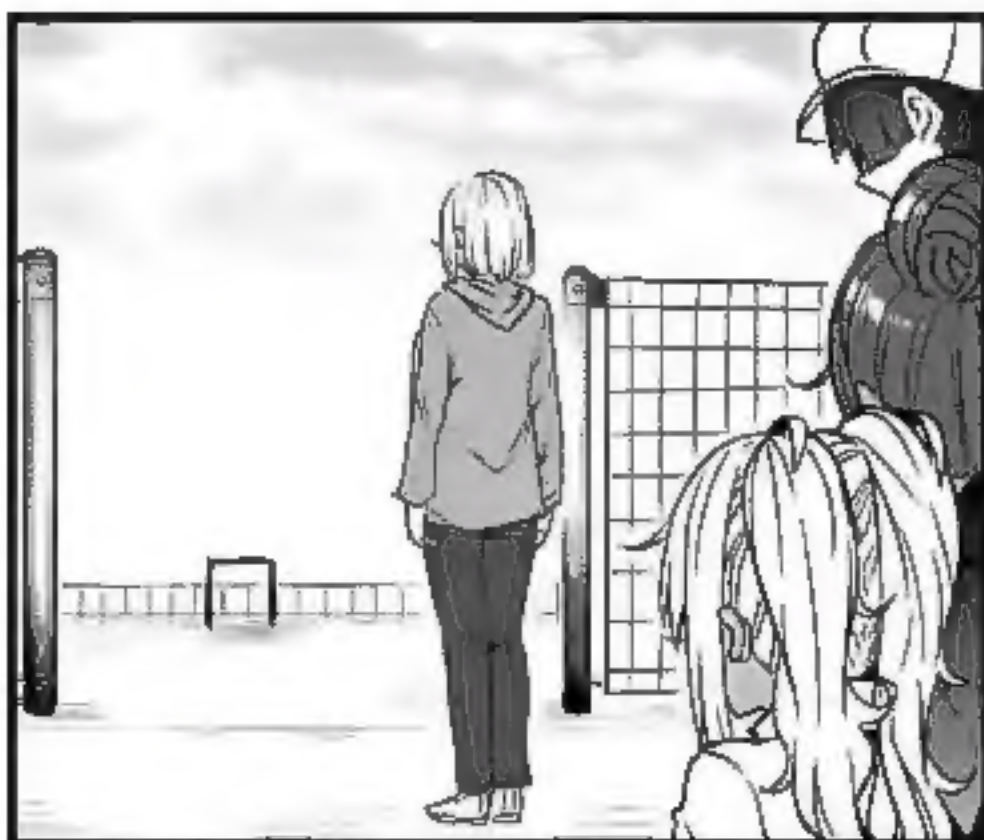
THAT
MIGHT
BE A
PROBLEM
HERE.

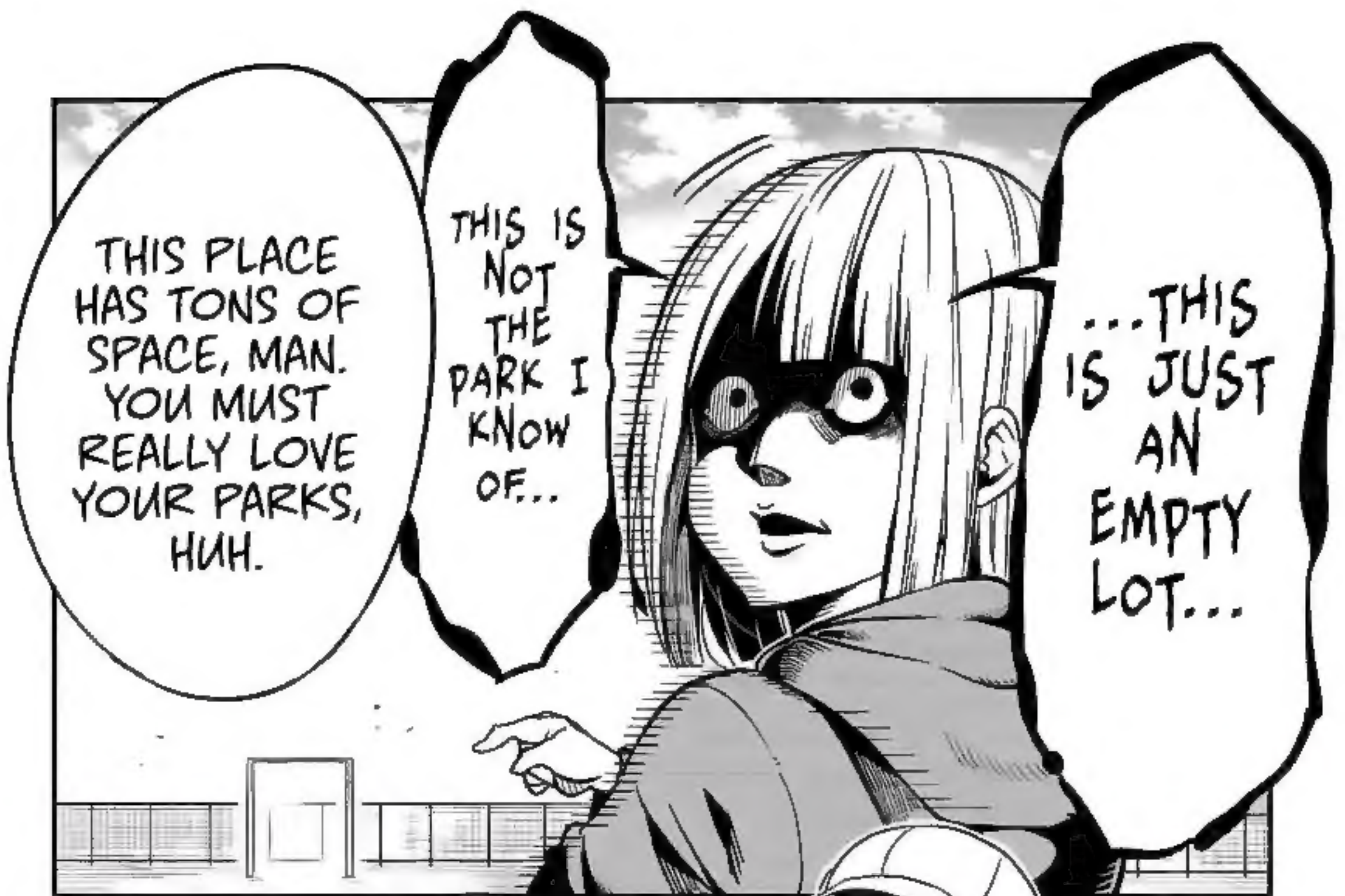
HMM
...



SO BASI-
CALLY,
CIRCUIT
TRAINING.

IT'S
PRETTY
NOSTAL-
GIC.
I DID THIS
A LOT IN
RUSSIA.





WHY DID YOU
BRING
THAT TO
THE
SHRINE?

*This book
appeared in
chapter 11!

READ WITH MUSCLE!

SPECIFIC
COMPONENT TRAINING
DICTIONARY
OZU TOSHI

MARTIAL
ARTIST IKEUCHI
MENTAROU'S
PERSONAL
FAVORITE!!

This book is
protein that
you read!

OH I KNOW!
I BROUGHT
THIS OVER
IN CASE WE
NEEDED IT,
AND NOW IT
MIGHT BE
USEFUL!!

NO NEED
FOR EQUIP-
MENT!
TRAINING
YOU CAN DO
ANYWHERE!

YEEAAAH,
THIS
AUTHOR'S
RANDOM
POSES
JUST PISS
ME OFF,
AS USUAL.

YEAH.
NO
EQUIP-
MENT.

BUT UNLIKE
LAST TIME,
WE DON'T
HAVE
ANYTHING WE
CAN USE TO
TRAIN WITH.

HERE
WE GO!
TRAINING
WE CAN
DO
WITHOUT
USING
EQUIP-
MENT!

GA!!

!

HE'S SAYIN'
SOME NICE
THINGS,
THERE,
BUT THE
PICTURE
IS JUST
DUMB.

WHO'RE
YOU
FIGHTIN'
THERE,
OZU
TOSHIO
(AU-
THOR)?

IN THIS SECTION,
I'LL INTRODUCE YOU
TO EXERCISES WHERE
YOU DON'T USE
EQUIPMENT AT ALL.
EVEN WHEN YOUR
SURROUNDINGS AREN'T
MUCH USE TO YOU,
YOU CAN STILL TRAIN.
THE CRUCIAL POINT
HERE IS THE MINDSET
TO "NEVER GIVE UP."

WH-
WHAT
THE!?

!?

SO
BASICALLY
BODY
WEIGHT
EXERCISES,
HUH.
SO WE CAN
ONLY DO
STUFF LIKE
PUSH-UPS,
SIT-UPS,
AND BACK
EXERCISES.

WE REALLY
SUPER
DUPER
DON'T NEED
THAT,
SO JUST
GIVE US THE
EXERCISES
NOW.

I REALLY
DON'T
WANNA
SEE THAT,
BUT I'M
ALSO
REALLY
CURIOUS
...!!

WHY IS
THIS
RIGHT
HERE...

A SECRET
GRAVURE
POSTER
OF OZU
TOSHIO
(AU-
THOR)!?

VARIOUS INTRODUCTIONS!! EXERCISES YOU CAN DO WITHOUT EQUIPMENT!!!



Latch your fingers together in front of your arms, and pull left from right. Aim for 70% strength for 7 seconds without holding your breath.

BACK:
KOMETRICS

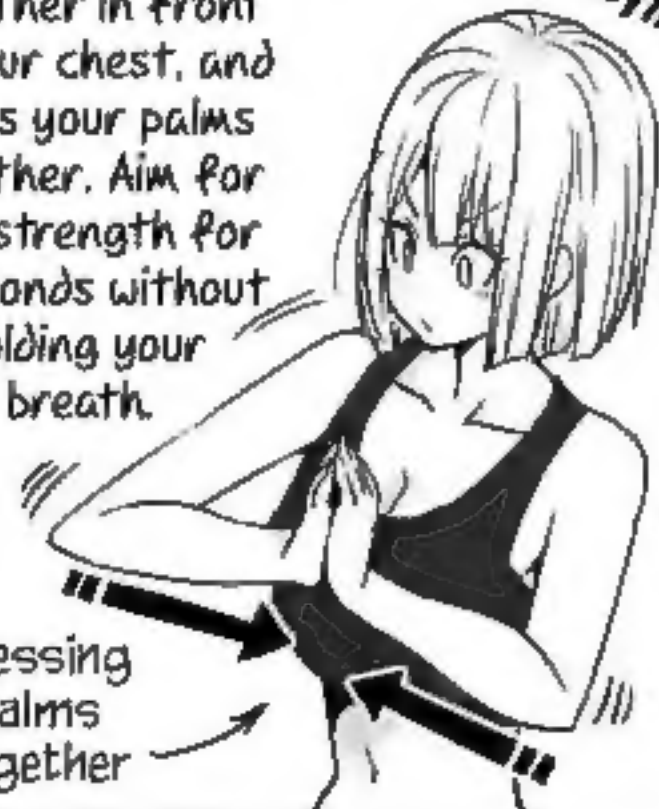
Pulling left from right



Press your hands together in front of your chest, and press your palms together. Aim for 70% strength for 7 seconds without holding your breath.

CHEST:
KOMETRICS

Pressing palms together

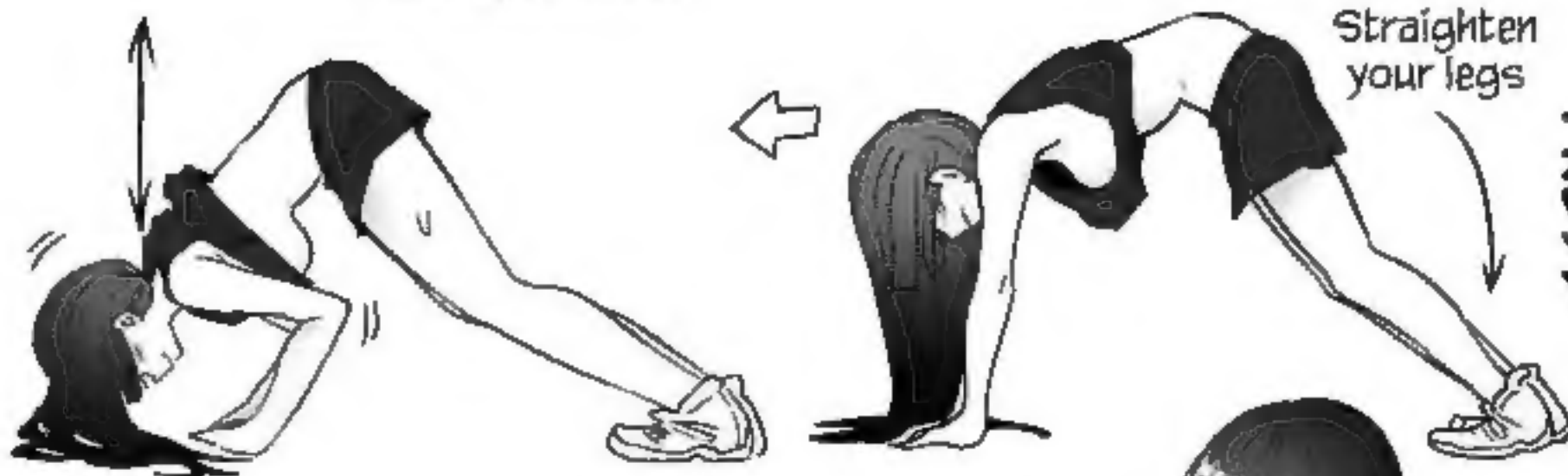


(2) Only bend your arms without lowering your butt

(1) Get into the push up position and raise your butt.

SHOULDERS:
PIKE SHOULDER PRESS

Straighten your legs



WHOA!
SO YOU CAN
DO OTHER
EXERCISES ASIDE
FROM PUSH
UPS!!!



Clamp your wrist down with your other hand

Relax your shoulders

Curl your arms

ARMS:
RESISTANCE ARM CURLS

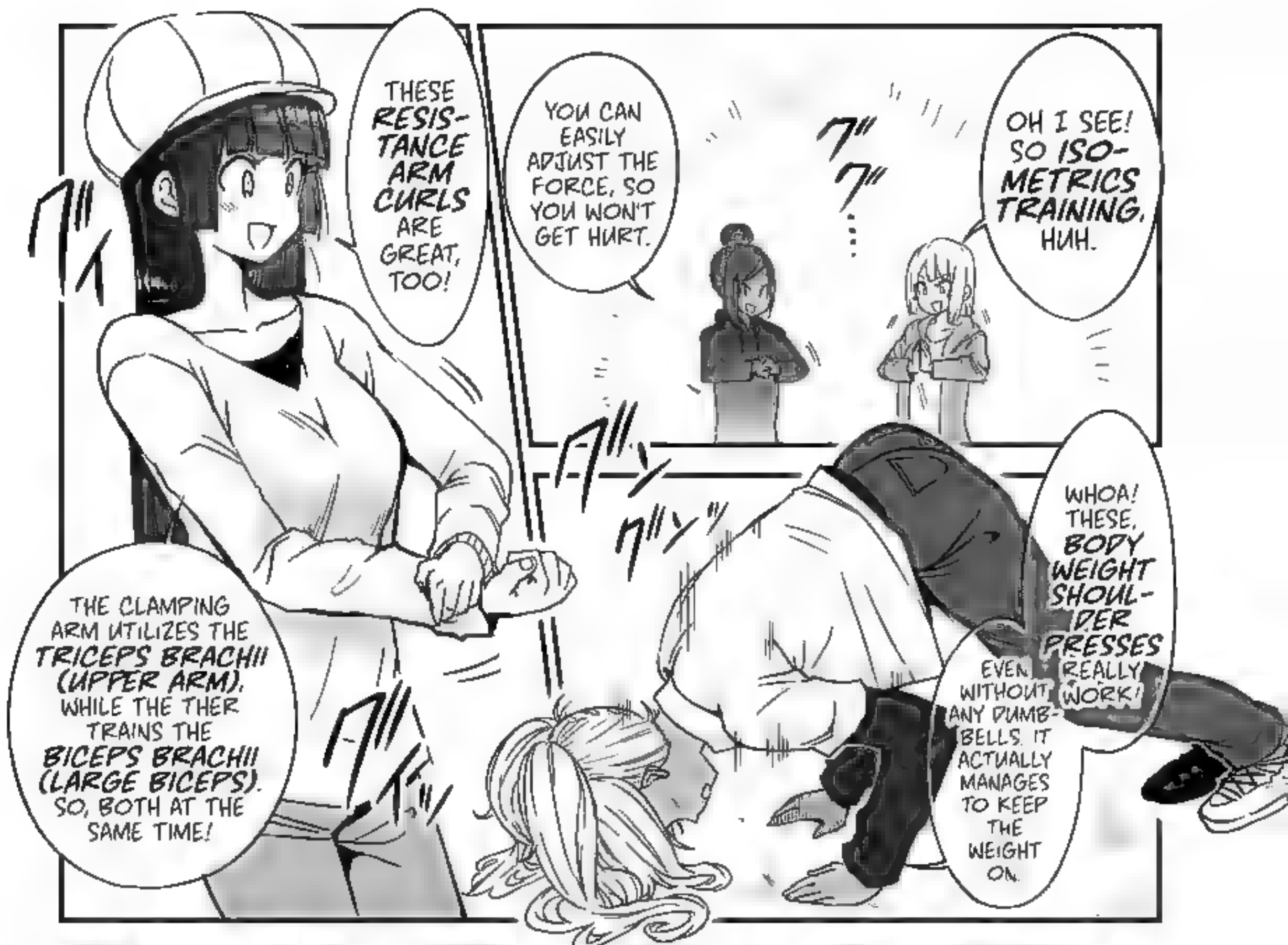


MAKE SURE TO
WORK HARD AND
NOT BOTHER
ANYONE AROUND
YOU!!!!

YOU CAN
TRAIN
ANYTIME
AND
ANY-
WHERE!!!

**EVEN OZU
TOSHIO
APPEARED
TO
PRAY!!!!!!**





THESE
RESIS-
TANCE
ARM
CURLS
ARE
GREAT,
TOO!

YOU CAN
EASILY
ADJUST THE
FORCE, SO
YOU WON'T
GET HURT.

OH I SEE!
SO ISO-
METRICS
TRAINING.
HUH.

THE CLAMPING
ARM UTILIZES THE
TRICEPS BRACHII
(UPPER ARM),
WHILE THE THER
TRAINS THE
BICEPS BRACHII
(LARGE BICEPS).
SO, BOTH AT THE
SAME TIME!

WHOA!
THESE,
BODY
WEIGHT
SHOUL-
DER
PRESSES
REALLY
WORK!

EVEN
WITHOUT
ANY DUMB-
BELLS, IT
ACTUALLY
MANAGES
TO KEEP
THE
WEIGHT
ON.

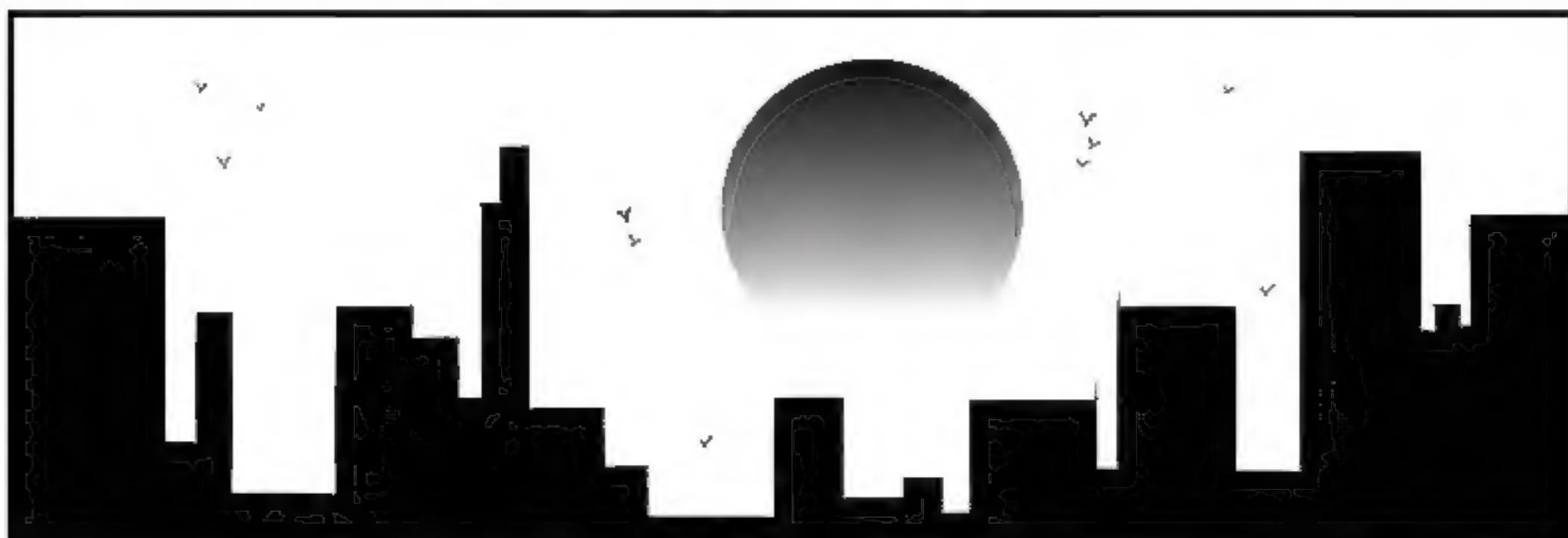


A
JAPANESE
STREET
WORK-
OUT.

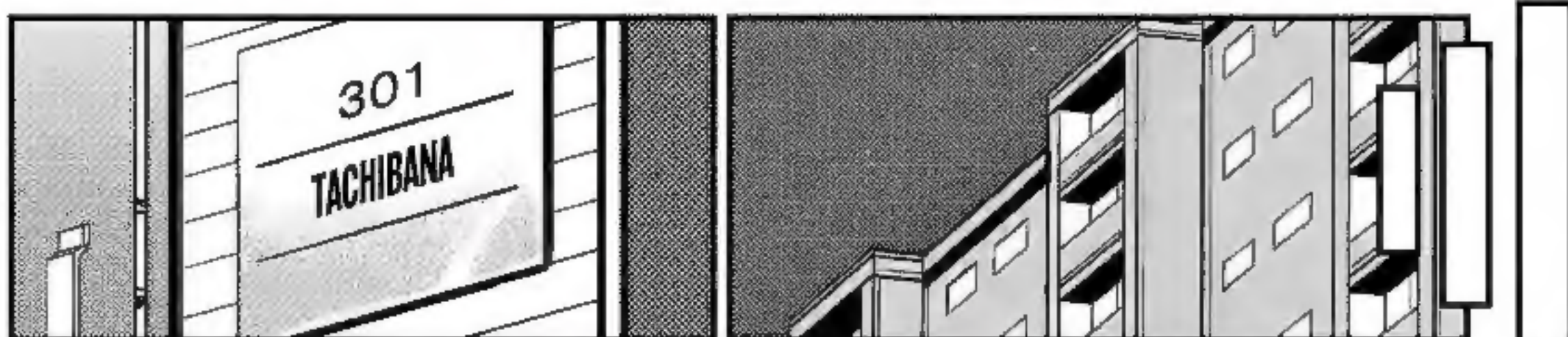
IF YOU GROUP
THIS TOGETHER
WITH CHIN UPS
AND SOME
RUNNING,
THEN YOU CAN
GET QUITE A
WORKOUT



...WELL
THEN,









TEMPLE FESTIVAL

